

# Salads for LUNCH

**janice smith**

WWW.SALADS4LUNCH.COM

## about the blogger

Janice Smith has a Bachelor of Science degree in Kinesiology and a certificate in Athletic Therapy. She started blogging as a healthy lifestyle blogger in 2010 because nutritious food and exercise literally changed her life. Janice shares her life of movement and healthy recipes with anyone who is ready to make a positive change.

## about the blog

Salads for Lunch is part food blog, sharing healthy, easy to make recipes, and part healthy living blog sharing all things healthy living: easy home workouts, fitness products, eco-friendly household products etc. The focus is on living an active, healthy life with having fun!

## audience



80% of blog traffic originates from United States



Readers are 75% female. 75% are 25-44 years old,

## audience reach

as of February 2025



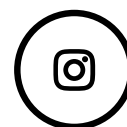
56k pv's/month



5k



260



4k



13k

# services offered

Workout posts \$500

Recipe creation \$800

Product reviews / Sponsored Posts \$250

Social media sharing \$50

Banner ads

A la carte campaigns - contact me to discuss



# collaboration fees

## Package A: Starting at \$500

Your fitness product or active wear featured in a workout post, with sharing on Instagram, Facebook, Twitter and two custom-made Pinterest pins

## Package B: Starting at \$800

Your food product featured in a custom recipe post, with sharing on Instagram, Facebook, TikTok and two custom-made Pinterest pins

# contact details

## Mailing Address

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## Phone / Email

647-235-3107 / janice@salads4lunch.com

## Website / Social Media

[www.salads4lunch.com](http://www.salads4lunch.com) / @salads4lunch

